

Full Report (All Nutrients) 01243, Fat free ice cream, no sugar added, flavors other than chocolate

Report Date:December 04, 2015 16:50 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 68g
Proximates					
Water	g	65.52	--	--	44.55
Energy	kcal	129	--	--	88
Energy	kJ	541	--	--	368
Protein	g	4.41	1	--	3.00
Total lipid (fat)	g	0.00	1	--	0.00
Ash	g	1.20	--	--	0.82
Carbohydrate, by difference	g	27.94	1	--	19.00
Fiber, total dietary	g	7.4	1	--	5.0
Sugars, total	g	8.82	1	--	6.00
Minerals					
Calcium, Ca	mg	147	1	--	100
Iron, Fe	mg	0.00	1	--	0.00
Magnesium, Mg	mg	9	--	--	6
Phosphorus, P	mg	75	--	--	51
Potassium, K	mg	196	--	--	133
Sodium, Na	mg	110	1	--	75
Zinc, Zn	mg	0.31	--	--	0.21
Copper, Cu	mg	0.030	--	--	0.020
Selenium, Se	µg	1.9	--	--	1.3
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	1	--	0.0
Thiamin	mg	0.029	--	--	0.020
Riboflavin	mg	0.122	--	--	0.083
Niacin	mg	0.074	--	--	0.050

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 68g
Vitamin B-6	mg	0.029	--	--	0.020
Folate, total	µg	4	--	--	3
Folic acid	µg	0	--	--	0
Folate, food	µg	4	--	--	3
Folate, DFE	µg	4	--	--	3
Choline, total	mg	23.0	--	--	15.6
Vitamin B-12	µg	0.52	--	--	0.35
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	133	--	--	90
Retinol	µg	132	--	--	90
Carotene, beta	µg	12	--	--	8
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	461	--	--	313
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0
Lipids					
Fatty acids, total saturated	g	0.000	1	--	0.000
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.000	--	--	0.000
18:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 68g
18:1 undifferentiated	g	0.000	--	--	0.000
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000
18:2 undifferentiated	g	0.000	--	--	0.000
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	1	--	0
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0